

IN THE CLAIMS:

Please cancel **all** claims and enter new claims as follows:

1-29 (Canceled)

30. (New) An impact head, for a guardrail including a cable routing means capable of forming a tortuous path through which a cable can be threaded, wherein the tortuous path itself provides sufficient frictional resistance to movement of the cable during impact of a force to facilitate impact energy dissipation.

31. (New) An impact head, for a guardrail according to claim 30 wherein the cable routing means includes a member having two or more cable entry ports through which a cable may be threaded.

32. (New) An impact head, for a guardrail according to claim 30 which includes one or more cables threaded through the cable routing means.

33. (New) An impact head, for a guardrail according to claim 32 wherein the cable routing means is configured so that when a force is applied to the impact head the cables are forced through the cable routing means, such that resistance to cable movement provided by the tortuous cable path limits movement of the impact head caused by the force.

34. (New) An impact head, for a guardrail according to claim 32 wherein the cables are under tension.

35. (New) An impact head, for a guardrail according to claim 32 wherein at least one end of the cables is anchored to the ground.

36. (New) An impact head, for a guardrail according to claim 35 wherein one end of the cables is anchored to the ground and the remaining end of the cables is anchored to a rail and/or a support post.

37. (New) An impact head, for a guardrail according to claim 36 wherein the impact head is positioned substantially between the two anchor points.

38. (New) A guardrail including:
a plurality of support posts,
a plurality of rails connected to the support posts,
at least one cable wherein at least one end of the cable is fixed,
wherein the guardrail includes an impact head with a cable routing means capable
of forming a tortuous path through which the cable can be threaded, wherein the
tortuous path itself provides sufficient frictional resistance to movement of the
cable during impact of a force to facilitate impact energy dissipation.

39. (New) A guardrail according to claim 38 wherein both
ends of the cables are fixed in relation to the ground.

40. (New) A guardrail according to claim 38 wherein the
cable end located farthest from the cable routing means is anchored to the rail
and/or support post.

41. (New) A guardrail according to claim 38 wherein it
includes one or more frangible posts comprising:
a first member substantially orthogonally connected to a second
member,

wherein the at least one first member has a region of weakness.

42. (New) A method of constructing a guardrail including the steps of:

installing a plurality of support posts,
slidably interconnecting a plurality of rails and mounting them directly or indirectly to said posts,
fixing at least one end of at least one cable to the ground, and
positioning an impact head with a cable routing means configured to form a tortuous path through which a cable can be threaded at one end of the slidably interconnected rails and threading at least one cable through it.

43. (New) An impact head according to claim 30 wherein the tortuous path is configured to absorb at least a portion of the kinetic energy of an impact on the impact head.

44. (New) An impact head according to claim 30 wherein the tortuous path is any path that provides sufficient friction to slow down the movement of the impact head during an impact.

45. (New) An impact head according to claim 30 wherein the tortuous nature of the passage through the cable routing means is provided by one or more turns through which a cable may be threaded.

46. (New) An impact head according to claim 30 wherein the tortuous nature of the passage through the cable routing means is provided by one or more turns of greater than substantially 90° through which a cable may be threaded.

47. (New) An impact head according to claim 30 wherein the cable routing means includes at least one substantially 180° turn.

48. (New) An impact head according to claim 30 wherein the cable routing means includes at least one substantially S or Z-shaped turn.

49. (New) An impact head according to claim 30 wherein the cable routing means is adapted, so that in use, and during a collision or impact with the impact head, the cable is forced through the cable routing means, and

resistance to movement of the cable routing means is provided by the tortuous cable path to substantially facilitate impact energy dissipation.

50. (New) An impact head according to claim 30 wherein the cable routing means comprises a bar member having a longitudinal axis and including a cable entry port adapted to allow a cable to pass directly therethrough when said bar member is in a first non-cable-gripping orientation, and wherein upon rotation of said bar member through at least 90° about said longitudinal axis, a second cable-gripping orientation is reached.

51. (New) An impact head according to claim 30 wherein the tension of one or more cables can be adjusted so as to give a suitable resistant to movement.